

Spinach Salad

Ingredients

- 5 cups spinach
- 4 strawberries
- 1 tbsp red onions
- 2-1/2 tbsp cucumber
- 5 tbsp mandarine oranges

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 25

calories, 0.19 g fat, 0.03

g saturated fat, 31 mg

sodium, 13.9 g

carbohydrate, 1.28 g

fiber, 3.5 g sugar, 1.34 g

protein

Directions

1. Wash all produce thoroughly. Pick through spinach to ensure that all leaves are fresh.
2. Chop strawberries, onions, and cucumbers.
3. Mix all ingredients together in a large bowl. Serve with dressing of choice.

